

Long COVID Awareness 2026: Week at a Glance

Hosted by the Long COVID programs at Beth Israel Deaconess Medical Center and Brigham and Women's Hospital

Zoom Link for all programming: <https://us02web.zoom.us/j/81550468068>

	Monday 3/9	Tuesday 3/10	Wed 3/11	Thursday 3/12	Friday 3/13	Saturday 3/14	Sunday 3/15
Daily Theme	<i>Long COVID: Where Do We Stand?</i>	<i>Building Function</i>	<i>Understanding Symptoms</i>	<i>Long COVID Research</i>	<i>Self-Advocacy & Working with Providers</i>	<i>Making Connections</i>	 International Long COVID Awareness Day National Moment of Silence 3:15pm 
Reflection	 Taking Stock	 Supporting What's Possible	 Making Sense of Patterns	 Building Knowledge Together	 Using Your Voice	 Community & Connection	
Featured Speakers and Experts (via Zoom) 3:00 every day <i>(sessions will be recorded)</i>	Dr. David Putrino CORE Center Mt. Sinai	Becca Donnelly , DPT BIDMC Kara McSheehy , OTR BIDMC Hadas Golan , SLP BMC	Dr. David Systrom Brigham and Women's Hospital, Open Medicine Foundation	Erin Cecil BIDMC, RECOVER Research Additional speakers TBA	Dr. Jonathan Garlick , Tufts Patient Panel Rep. Mindy Domb	In-person Community Meeting at Christian Herter Park 10-12:00	
Daily Engagement & Action	Share A Fact About Long COVID	Contact your Congressional Representatives	Write a Letter to Your Future Self	Share Long COVID Research with Others	Center Patient Voices	Virtual Community Drop In via Zoom 10-12:00	
Recommended Resources	Long COVID Seminar Series and Webinars	Disability Resources	Understanding Symptoms and Available Treatments	How To Find and Participate in Research	Advocacy Guides		